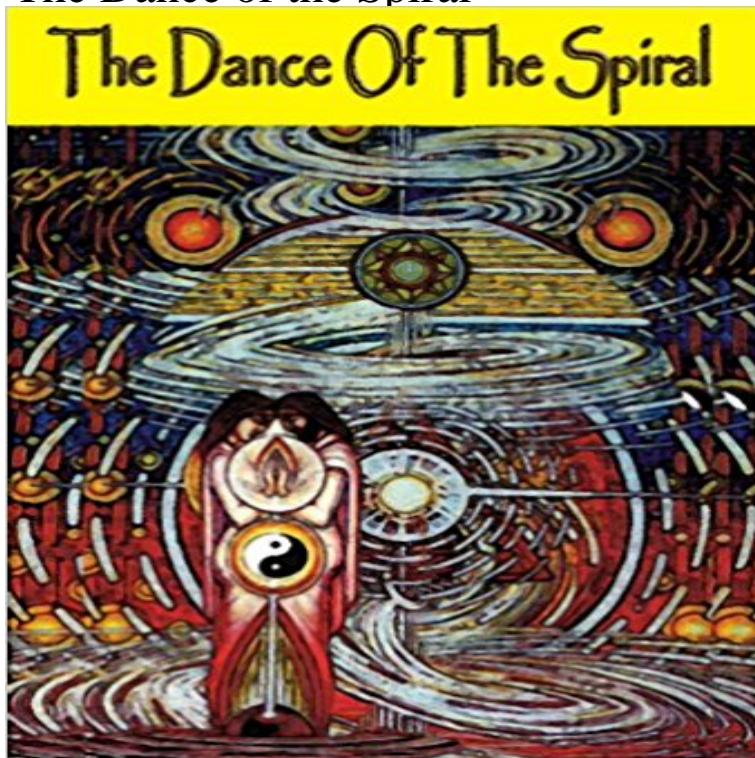


The Dance of the Spiral



We are living in the days of transition, the days of intensive changes. The new Era has already begun, and its advent has been heralded by the change in the frequency of the earth's vibration below 8Hz. We can sense and perceive these changes by taking a closer look at ourselves and the world around us. Men have become gentler and more sentimental while women have acquired the strength of character that enables them to undertake activities assigned to men only 20-30 years ago. There are children born with a different body structure and with advanced extrasensory abilities such as clairvoyance, telepathy and other. On the other hand, the changes in the Earth's electromagnetic field has generated new, seemingly incurable diseases that cannot be treated by known conventional methods and drugs. The incidence of strokes and heart attacks has become more frequent, especially among young people, so too with nervous breakdowns and migraines. What is the source of all these problems? It is obvious: people are out of sync with the coming changes. Whatever health practices they resort to either taking food supplements or practicing various techniques that promote health and longevity none of these work anymore. People are left dissatisfied and chronically enervated; their individual problems reflect upon society as a whole, just as the problem of an individual cell affects the entire organism it succumbs to disease unless adequate measures are taken in time. Is there a solution to this problem? There is, claims Don Krastev. It is called The Dance of the Spiral. This is a practice that unleashes our hidden potential and thus helps us to become aware of our life's purpose and of our role here and now; to make optimal choices and decisions at the current stage of our life; to understand our past and to see into our future. In short, The Dance of the Spiral brings us into a state of harmony with ourselves and our

environment; when we reach this state, we can become creators of our own lives, for we will be able to distinguish between favorable and unfavorable times for our endeavors and therefore time them appropriately and accurately, choosing the right month, day and hour. The Dance of the Spiral is a sort of time machine with it we can unveil our past mistakes and correct them by taking adequate measures, thus creating a better future for everything is One and is happening Here and Now. But how can we achieve all that with the Dance of the Spiral? By dancing it, we follow the movement of cosmic energy, which, like any manifest energy, moves along in a spiral. Time is also energy and therefore moves the same way along a spiral. By following their movement, we eventually become one with them, and then nothing is impossible for us. To meet the increased needs of the body for energy Don Krastev and his team have developed 3 sets of Daoist energy exercises, which, in addition to raising the energy level of the body, increases the degree of awareness and brings peace of mind and spirit, i.e. unites body, mind and spirit into one. The Dance of the Spiral as a practice has been tried out in Bulgaria at places of power such as the Rila mountains or the ancient burial mounds spread all over the valleys. It helped everyone who applied it to go smoothly through the process of growth and change and to achieve higher levels of awareness. Taken out of this country, the Dance of the Spiral will be an efficient tool for the spiritual growth of individuals all over the world.

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